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Bangalore Mirror

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‘Unresolved complaints, dampened enthusiasm, lack of guidance, inappropriate selection/allocation of volunteers holding back Kere Mitras’

LAKE-MINDED

‘Volunteers didn’t undergo any orientation programme’

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike’s (BBMP) ‘Kere Mitra’ initiative appears to be losing steam.

While the civic agency introduced the programme in October last year to engage citizens in the maintenance of lakes in Bengaluru, volunteers BM spoke to said complaints raised are not being resolved. This has dampened enthusiasm among those who had enrolled in the initiative to monitor their neighbourhood lakes and were selected as Kere Mitras for a duration of three months.

Natesh Babu, Kere Mitra of Kothanur Lake, told BM that while he has raised three to four issues regarding his lake since he was selected six weeks ago, not a single issue has been resolved.

“As Kere Mitras, our role is to collect data and send it across to the lakes department. We upload issues on BBMP’s site along with details such as pictures and the date and time of inspections. As it is the summer season, most of the issues are regarding maintenance. One of the issues raised was lakebeds littered

CONTINUED ON PAGE 2 »

“Lakes such as Bellandur and Varthur should have five to six Kere Mitras, instead of one

— V Ram Prasad, Friends of Lakes

Sense & driving licence

1,620 cases booked against those driving without licence till March this year

Melvin Mathew
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TWEETS @BangaloreMIRROR

Amidst rising number of private vehicles and traffic issues in Bengaluru, another bane on Bengaluru roads is people driving without a licence. BTP has registered 1,620 cases against people driving without licence till March this year.

Whilst Bengaluru is seeing a significant rise in the number of private vehicles registered and the number of traffic violations on the roads, several persons at the wheel don’t have a driving licence.

The process of procuring a driving licence trains a driver for safe driving and helps them acclimatise with the traffic rules. Traffic cops said most of the traffic violations involving driving without a licence are seen with minors below the age of 18.

As of March 31, 1,620 cases have been registered for driving with a licence. This constitutes 40.16 per cent of total cases registered under the same violation. In 2023, 4,033 cases were registered for the breach in the entire year; 2023 saw an 84.02% decrease in cases compared to 2022 when 25,244 cases were registered.

Traffic cops said that they are conducting physical checks to identify the culprits. “We are conducting physical checks to find the offenders. In most cases, these are minors near schools and colleges and people

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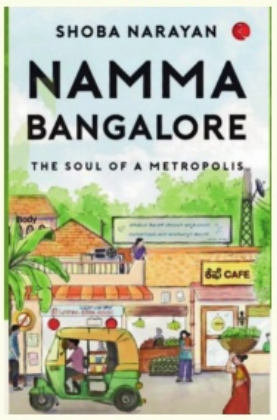
2 THINGS TO DO

01 Literary rendezvous



Indulge in delightful conversations about hidden gems of Bengaluru in the book reading of Shoba Narayan's 'Namma Bangalore: The Heartbeat of a Metropolis,' as a part of the Books & Brews initiative in collaboration with Champaca Bookstore. From discovering authentic Karnataka flavours to unravelling the bylanes of Shivajinagar, or be it hidden oases for wine enthusiasts, Narayan's insightful essays promise to enchant both residents and newcomers alike. **When: April 18, 5:30 pm; Where: The Biere Club, Ashok Nagar**

02 Dance musical

Get ready for a visual feast with the Svasti Art Foundation's grand dance musical titled "Durgi: A Dance Musical on Goddess Durga." This spectacular production will bring together 75 exceptionally talented Bharatanatyam dancers, who will collectively narrate the powerful and inspiring story of the warrior goddess Durga. The show features Medha Dixit Vellal as Durga, Nagaraj Sheregar as Mahishasura, and Rohini Raghunandan as the storyteller. **When: April 20, 6:30 pm; Where: ADA Rangamandira, JC Road**

Spike in summer ailments amid soaring temperatures

644 cases of heat-related ailments recorded statewide: Health Department data

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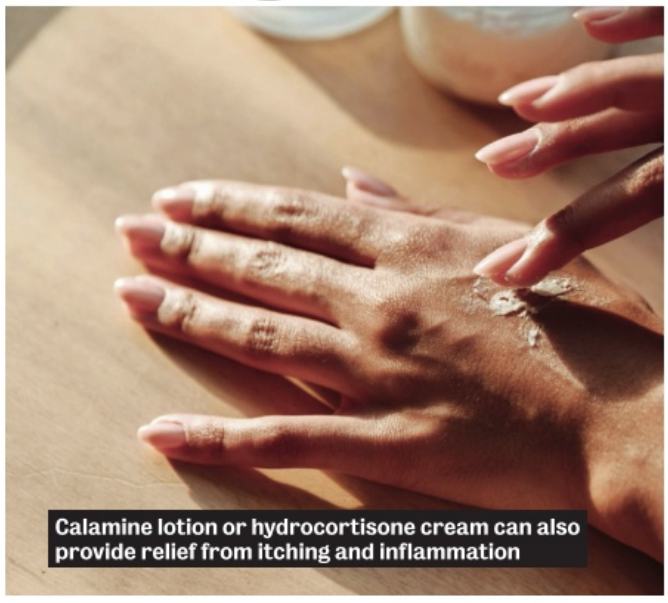

Calamine lotion or hydrocortisone cream can also provide relief from itching and inflammation

Amid rising temperatures in Karnataka, residents from various districts are experiencing incidents of heat-related ailments such as heat rash, heat exhaustion, and heat cramps. According to data released by the Department of Health and Family Welfare (DoHFW), a total of 644 cases have been documented statewide. Among these, the majority, accounting for 389 cases, are attributed to heat rashes, followed by 141 cases of heat cramps and 74 cases of heat exhaustion.

During the scorching summer months, heat rashes often become a prevalent issue for many individuals. This condition typically manifests as small, red bumps or blisters, accompanied by itching and discomfort. While heat rashes are generally not serious and often resolve on their own once the affected area is kept cool and dry, they can be bothersome and cause discomfort. To alleviate symptoms and promote healing, it is important to stay in a cool environment, wear lightweight and breathable clothing, and keep the affected skin dry. Calamine lotion or hydrocortisone cream can also provide relief from itching and inflammation.

Dr Shireen Furtado, senior consultant at Medical & Cosmetic Dermatology at Aster CMI Hospital, said that there has been a five per cent increase in the number of cases, with two to three cases of heat rash being reported per day at the hospital. "Heat rash, also known as miliaria, is a common skin condition that arises when sweat gets trapped beneath the skin's surface. This is particularly prevalent in babies and young children due to their underdeveloped sweat glands. However, adults in hot and humid environments are also susceptible. These rashes are harmless and normally go away without any treatment or when the body cools down or stops sweating," she said.

> **"The hallmark symptoms of heat stroke include an elevated body temperature, often exceeding 40°C**
> – Dr Sunil Havannavar, senior consultant, Manipal Hospital

Speaking on the preventive measures for heat rashes, Dr Furtado said that moving to an air-conditioned or cool place and wearing breathable, loose-fitting cotton clothes could be of help. "Ensure the folds of skin are dried thoroughly after bathing and avoid sleeping on a plastic mattress. However, if the rash itching is unbearable, calamine lotion or a steroid cream can be applied on the advice of a dermatologist," she added.

Dr Sunil Havannavar, senior consultant at Internal Medicine, Manipal Hospital Sarjapur Road, Bengaluru, said that heat stroke is a severe form of heat-related illness that presents a significant health risk during the summer months. It occurs when the body's core temperature rises to dangerous levels due to prolonged exposure to high environmental temperatures and inadequate heat dissipation mechanisms. "The hallmark symptoms of heat stroke include elevated body temperature, often exceeding 40°C (104°F), altered mental status ranging from confusion to coma, hot and dry skin (in classic heat stroke) or excessive sweating (in exertional heat stroke), rapid heartbeat, and potentially seizures or loss of consciousness," he said.

He further stressed that prompt recognition and treatment of heat stroke are imperative to prevent life-threatening complications. "Awareness, education, and proactive measures are essential in safeguarding individuals against the detrimental effects of heat stroke during the summer season," added Dr Havannavar.

Most DL violators are minors below age of 18

CONTINUED FROM PAGE 1

working in garages. It's a fundamental aspect of driving on Indian roads. As a deterrent, three months ago, we held a lot of school and college students. Upon being caught, the registration certificate of the vehicle is seized and a penalty is imposed on the RC owner," said a senior traffic official. However, traffic officials noted that it was not possible to delay driving licences for minors in case they are caught for violations.

Experts said that there should be stricter penalties on RC owners. "The licences of the RC owners should be revoked. Mostly it's kids between the age group of 16-25. They cannot claim ignorance of the mandate of having a driving licence. Drivers must undergo the requisite training to procure a driving licence." said traffic expert MN Sreehari.

Other mobility experts noted that 'driving without a licence' should leave a permanent record on official documents. "It's a grave offence to drive without training. There should be corrective action for minors who get caught under offence in terms of community service. However, adults who are booked under the offence should have a permanent record of the offence. There should be a mention of the offence on the Aadhaar card to act as a deterrent. Currently, almost all services are linked with an Aadhaar card. Additionally, all government aids being availed by the person should be suspended," said Satya Arikutharam.

What's ailing Kere Mitra initiative

CONTINUED FROM PAGE 1

with plastic and other trash. However, no action has been taken. There is no motivation to work; I have taken a back seat," said Babu.

City-based lake activists said although the initiative is good, there is a lack of guidance from BBMP. Moreover, while the three-month duration for selected Kere Mitra sounds reasonable, the number of volunteers for a lake should be decided based on the size of the waterbodies. "BBMP's lakes department should conduct regular meetings with Kere Mitras to guide them and understand their issues. There should be at least two meetings every month and should be attended by authorised engineers from BBMP and KTCDA. Volunteers did not go through any orientation programme, leaving many of them clueless about their responsibilities as well. BBMP should also consider allocating more Kere Mitras for bigger lakes. For instance, lakes such as Bellandur and Varthur should have five to six Kere Mitras, instead of one," said V Ram Prasad, founder of Friends of Lakes. According to Balaji Raghotham Bali, another lake activist, the selection process for Kere Mitras should be more effective, and only those with some background in such activities should be selected for a better outcome.

"Currently, BBMP is selecting Kere Mitras randomly and without background checks. To work as Kere Mitra, there should be a basic understanding of lakes or there should be a willingness to be on-ground and inspect waterbodies in person. This is missing in many cases. For instance, while Seegehalli Lake is ailing, issues are not being raised. We have hardly seen the lake's Kere Mitra on ground. BBMP should figure out a better selection process to eliminate dummy Kere Mitras," rued Bali. Apart from the issues mentioned above, many volunteers said they are still waiting for information regarding

their application for Kere Mitra. Soundararajan Rajagopalan, a resident living near Doddakallasandra Lake in south Bengaluru said there is no Kere Mitra selected for the waterbody yet.

"Doddakallasandra Lake is almost completely dry and we have requested BBMP to desilt it as the lakebed is visible and is covered with slush and silt. Moreover, there is no security as all the gates are open 24X7. There are many issues at this waterbody but BBMP is yet to select its Kere Mitra. When the initiative was launched more than six months ago, we were excited about the opportunity; I registered as a volunteer as soon as the notification was issued on October 19. However, more than six months have passed and I am still waiting for a response," lamented Rajagopalan.

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Open drains heighten public health concerns

Despite health risks, authorities shift responsibility, leaving communities vulnerable to disease

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Residents in areas like Harlur, HSR Layout, and Sarjapura continue to grapple with pressing public health and safety concerns stemming from unresolved issues with open drains.

For instance, at VS Sunshine, a 24-flat apartment complex on Harlur Road opposite Vivero International School, residents have voiced worries about an open drain that gathers stagnant water from the vicinity, posing a threat to their homes and well-being.

Despite regulations mandating the installation of Sewage Treatment Plants (STPs) for residential group housing projects with 20 units or more or a total built-up area of 2,000 sq metres, exemptions granted by Bruhat Bangalore Mahanagara Palike (BBMP) for apartment buildings with fewer than 120 units exacerbate the problem, allowing untreated drainage from nearby structures to accumulate, particularly during rainy seasons. Compounding the issue, the absence of a connection to the underground drainage (UGD) system further exacerbates the situation, leaving residents vulnerable to hazardous conditions.

An open drain near a residential complex

A resident of VS Sunshine Apartment said, "Over the past few years, I have observed with increasing alarm that this open drainage is not only becoming a significant environmental hazard but is also posing serious health risks for the people residing here. We have made several attempts to bring this issue to the attention of the officials; however, our efforts have not been fruitful. Last year, we also submitted a complaint letter to the Karnataka State Pollution Control Board. There have been numerous instances where children playing nearby have been exposed to the unhealthy and unsanitary conditions of the stagnant water, leading to increased cases of skin rashes, gastrointestinal issues, etc."

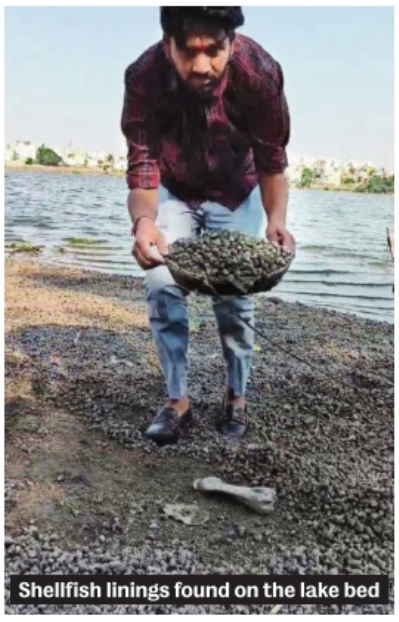
The resident further added, "The open drainage serves as a breeding ground for mosquitoes and other vectors, exacerbating the risk of vector-borne diseases. With the rainy season approaching, I fear that these issues will only worsen, further endangering the health and well-being of our community, especially our children."

The residents alleged that despite multiple requests made to the authorities, the response has been inadequate. Bangalore Water Supply and Sewerage Board (BWSSB) officials, after inspecting the site, declared that they do not manage the cleaning of the drains, and that it is a responsibility of the BBMP. However, BBMP officials are stating that the ward does not fall under their jurisdiction.

Vishnu Reddy, zonal president, Bengaluru NavaNirmana Party (BNP) Mahadevapura, said, "The blame game among civic departments is a common problem where each department shrugs off responsibility, claiming the area does not fall under their limits. The residents are left to suffer without a resolution in sight. Creating a unified platform for issue resolution will streamline processes, reduce civic issues, and ensure that no area is neglected due to jurisdictional ambiguities. It's time for proactive governance to ensure the health and safety of our citizens. This pressing public health issue demands immediate attention and action."

> **"There have been numerous instances where children playing nearby have been exposed to the unhealthy and unsanitary conditions of the stagnant water, leading to increased cases of skin rashes, gastrointestinal issues, etc** – Resident of VS Sunshine Apartment

Thousands of shellfish found dead at Madiwala Lake


Shellfish linings found on the lake bed

Over-exploitation of groundwater and high pollution levels are some of the reasons that have led to a couple of hundred thousand shellfish reported dead in Madiwala Lake on Monday, say city-based researchers and lake experts.

"We sampled Madiwala Lake water last week and discovered that the water quality was bad. While its ecological health was already deteriorated due to high pollution, it got aggravated due to ongoing water crisis, leading to anoxic condition and thus death of so many aquatic animals," said Dr TV Ramachandra, Center for Ecological Sciences, Indian Institute of Science (IISc).

Experts say the mortality of any aquatic organism indicates the poor state of the water body. Pollution became more severe due to evaporation and over-exploitation of groundwater. While soaring temperatures lead to a high evaporation rate, groundwater table exploitation is causing lakes to dry up further, leading to adverse outcomes.

"Due to evaporation and movement of water underground as water table depletes, pollutants in lakes have become concentrated. There are way too many bore wells in the area and groundwater thus is heavily exploited. This has led to water draining towards the water table. Such scenarios will kill our lakes faster than expected. It is time we become judicious about groundwater usage sooner than later," said another city-based researcher.

The incident was highlighted by residents of BTM Layout on Monday evening after they detected a foul smell in the area. A group of locals decided to inspect the water body after many complained of the stench. Upon inspection, they realised the stench was due to the death of thousands of shellfish in Madiwala Lake.

Locals have been complaining of a foul smell for the last week. We decided to inspect the lake on Monday evening and found thousands of dead shellfish lining the lake. A similar episode occurred nearly five years ago due to the entry of untreated sewage. Residents informed BM that they had contacted the Lake Department of Bruhat Bengaluru Mahanagara Palike (BBMP) and informed them about the situation. "We have informed the officials concerned. They have assured us that the dead shellfish will be cleared soon," a resident added.

— BMB

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Vehicle chaos

Upparpet

Dumped vehicles near Upparpet Police Station limits have become a concern, especially after a vehicle caught fire recently. The authorities should take immediate action to clear them.

Parking time's up

Benson Town

Cars parked for extented periods at 2nd Cross Road are causing inconvenience to residents.

Pothole block

Subbaiah Circle

A huge rock placed in a pothole at Subbaiah Circle is posing a danger to two-wheelers passing by.

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Traffic diversions at Hebbal flyover from today

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The city traffic police have announced traffic changes at the Hebbal flyover starting today due to the construction of two new lanes for the flyover by the Bengaluru Development Authority (BDA). As a result, two spans of the existing KR Puram ramp need to be dismantled at the junction where the ramp joins the main track, said the police.

Starting today, the KR Puram up ramp at the flyover will be closed to all vehicular traffic except for two-wheelers. Commuters from Nagavara (ORR) going towards the city via Mekhri circle are directed to Hebbal circle below the flyover, where they can turn right towards Kodigehalli and then make a U-turn, further joining the loop towards the city. Alternative routes such as the IOC-Mukunda theatre road, the Lingarajapuram flyover route, and the Nagavara-Tannery road can be used by commuters from the KR Puram side towards the city. Commuters from Hegde Nagar-Thanisandra can use the GKVK-Jakkur road to enter the city; KR Puram towards Yeshwantpur can be directed straight below the flyover towards BEL circle, where they can take a left turn at BEL circle to reach Sadashivanagar PS junction and take a right turn to move towards IISc and further towards Yeshwantpur. Commuters travelling towards KIAL Airport from KR Puram, Hennur, HRBR layout, Banasawadi, KG Halli, and surrounding areas can use the Hennur-Bagalur Road.

BM Education

Demand for campus pharmacies grows among students

Enhancing healthcare accessibility on campuses is an important necessity. On this note, students demand the establishment of on-campus pharmacies to meet their immediate medication needs. College campuses frequently have first aid rooms, but neither students nor staff usually know about them. They have to search for pharmacies near the campuses in order to get medication for minor ailments like cuts or headaches.

Arundhati, a student, said, "Having a pharmacy conveniently located on campus can enhance health accessibility for students and staff. This initiative prioritises students well-being and can contribute to a healthier and more supportive college environment." Another student said that she carries basic medicine after having realised the need for medicines at any point in time. "I carry basic medicines like crocin, dolo, domstal, band-aids, and sanitary napkins. It's always in my bag," she said.

Expressing the need for pharmacies on campus, a student said that on some days their conditions worsen later in the day during the times when they attend classes despite feeling unwell. "At this time, we may require medication. In such a state, we have to go around looking for pharmacies or rely on our friends to get tablets for us. So, it would be of great help if there's a pharmacy with basic medicines on campus."

On-campus pharmacies can be extremely convenient for students who juggle between classes and extracurricular activities, which leaves them with little time to go out of campus to get medicines. With this facility, they can have access to basic medications and health supplies without affecting their daily schedules. Additionally, these pharmacies could offer discounts on certain medicines to make them more affordable to students, as many of them face financial challenges during their academic journeys. "As a student, I've experienced the inconvenience of not having immediate access to basic medications on campus. Establishing in-campus pharmacies would not only address our urgent medication needs but also promote a healthier campus environment," said Rajesh, a student. Priya, a student, added that these pharmacies are not just about convenience; they are about prioritising student well-being. "Having medications readily available on campus can prevent minor health issues from escalating and improve overall accessibility to healthcare resources," she said.

–Sanjana Rao

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Voting leave granted

IT-BT companies have been asked to give employees leave on polling day

When it comes to voting, Bengaluru has been a dismal performer as the city has been consistently reporting low voting not just in the state but across the country. During last year's assembly elections, Bengaluru's voter turnout was just 54.53% with Bengaluru South having the lowest turnout of 52.17%, Bengaluru North 52.27% and Bengaluru Central 55.33% as against Karnataka's turnout of 72.68%.

One of the reasons for the low voter turnout is voters not being given permission or leave for voting. As most of the tech companies are located at different corners of the city, voters complain that it is quite difficult for them to make it. On Tuesday, BBMP Chief Commissioner and District Election Officer Tushar Giri Nath held a meeting with IT-BT companies and told them that voting had fundamental importance and there was a need for every citizen's participation in the democratic process. He highlighted that voting is not just a right but a responsibility that shapes the future of the nation.

Nath said, "We have asked the IT-BT companies to grant leave with pay to all staff members on the polling day. This directive aims to remove any barriers that employees may face in casting their votes and encourages them to exercise their democratic rights. The government has officially mandated leave with pay for employees of IT-BT organisations on polling day. This decision reflects the government's commitment to facilitating a conducive environment for voter participation across various sectors."

> **"We have asked the IT-BT companies to grant leave with pay to all staff members on the polling day**
>
> –Tushar Giri Nath, BBMP chief

He said that to ensure maximum participation, they were conducting awareness campaigns within IT-BT organisations. Ekroop Caur, Secretary Electronics, IT, BT, Science and Technology who was also part of the meeting said that her team was also working to promote the importance of voting among employees and ensure that every voter is well-informed.

However, during the meeting, many of the participants expressed logistical issues. Reacting to this, Nath acknowledged the logistical challenges faced by employees, such as out-of-state workers and those working remotely. He assured that polling stations will be fully equipped to accommodate all voters effectively, ensuring a smooth voting experience. "The Election Commission has already issued a notification mandating leave with pay for eligible voters in various establishments, including IT-BT organisations," he added.

Lakhs of people are working in these IT-BT industries and more awareness camps will be conducted to make them vote.

The companies have HRMS systems and companies have been told to display messages to vote in their campuses. Kaur said, "There are 4,500 IT-BT companies. We have asked these companies to declare a holiday on that day. Companies have also been asked to send official mails asking them to vote."

Meanwhile, as there is a tendency for people to head out of for a vacation on polling day due to holiday, Hassan administration has asked the hotels and resorts to permit people to stay only if they can prove they have voted by showing the ink mark.. **—Sridhar Vivan**

RALLY FOR PROGRESS

Mansoor Ali Khan, Congress candidate from Bangalore Central Lok Sabha constituency, led a rally in parts of the constituency under the leadership of Health Minister Dinesh Gundurao, who is also an MLA from Gandhi Nagar Vidhan Sabha constituency. Mansoor Ali Khan solicited votes from Srirampura, Swatantrapalya, Hanumantapura, Vivekananda Colony, Laxman Rao Nagara, Selva Nagara, Nagendra Nagara and RC Puram areas . "Employment for youth, progress and prosperity of the people from all sections of the society is my dream with a vision of comprehensive development of Bengaluru Central," he said. He appealed to the people of the constituency to vote for him and join hands for the development of the constituency. Block Congress presidents, ward presidents, former members of BBMP, youth Congress members of the constituency and a large number of party workers participated in the rally.

Child rights not on political parties' minds?

Child rights activists are not happy with national political parties as they failed to give importance to child protection and rights in in the manifestos released recently on the eve of Lok Sabha elections. They said that they had already submitted to all political parties the importance of including child protection and other welfare schemes in their agenda.

"National political parties give importance to children's education and health but they have forgotten child protection and participation. There is no mention of International Conventions and alternative reports to the United Nations," said Nagasimha G Rao of Child Rights Trust. Congress, in its manifesto, has claimed that it brought the Right to Education (RTE) Act in 2009 that transformed education for children between 6 and 14 years. Congress promised to amend the RTE Act to make education from Class I to Class XII in public schools compulsory and free. The BJP manifesto claimed to have established new institutions of higher learning – 7 IITs, 16 IITs, 7 IIMs, 15 AIIMS, 315 Medical Colleges and 390 universities in the past decade. "We are happy that Congress has assured to amend the RTE Act to make education from Class I to Class XII in public schools compulsory and free but BJP, in its manifesto, announced nothing for children. I am disappointed with the BJP manifesto," said Niranjan Aradhya VP, an educationist.

Congress has said the quality of teaching is the most important determinant of educational outcomes and it will work with states to

ensure this is upkept, while BJP has said that it will ensure that every student gets the opportunity for high-quality school education.

Saraswathi K, State Convener of Campaign Against Child Labour – Karnataka, said that she is disappointed with the manifestoes. "No political party is bothered to ensure that education is a fundamental right under Article 21 of Indian Constitution. These parties said nothing about extending the right to education up to 12th standard and ensuring quality education by taking measures to fill up 12 lakh vacancies for teacher posts," said Saraswathi. **—Y Maheswara Reddy**

EVM case: Do not bring down system, says apex court

The Supreme Court on Tuesday, while hearing pleas seeking cross-verification of the votes cast with Voter Verifiable Paper Audit Trail (VVPAT) raised doubts about the petitioners' contentions about the feasibility of the physical counting of votes given the large population of India.

A bench of Justice Sanjiv Khanna and Justice Dipankar Datta was not convinced with advocate Prashant Bhushan's arguments to go back to election via ballot paper instead of Electronic Voting Machines (EVMs). Justice Sanjiv Khanna said, "We are in our 60s. We all know what happened when there were ballot papers; you may have, but we have not forgotten."

The apex court rejected the arguments of Bhushan, appearing for the Association for Democratic Reforms (ADR), about how most European countries that had opted for voting through EVMs have returned to paper ballots.

As Bhushan cited Germany's example, the bench asked about the population of the country, to which advocate replied that it is around five-six crore. Justice Khanna said that 97 crore is the total number of registered voters in India. "My home state, West Bengal, has more population than Germany. We need to repose some trust and faith in somebody. Do not try to bring down the system like this," Justice Datta told petitioners' counsels.

The bench also said that human intervention in the process could lead to problems and biases. It added, "Yes, the problem arises when there is human intervention.. If you have any suggestions to avert this, then you can give us that." The apex court now posted the case for hearing on April 18. **—ANI**

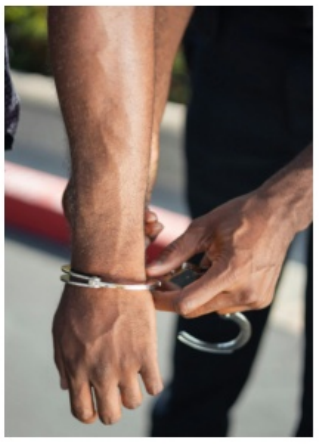
Woman takes on creepy neighbour, goes to the police

Man, said to have been stalking her for 2 years, would enter her garden

A case of stalking, sexual harassment and voyeurism has come to light in the city after a 27-year-old went to the police with a complaint against her neighbour in HBR Layout.

The woman lives in a ground floor apartment on rent. The house has its own garden with exclusive access. According to the victim, on two occasions in the past, Samdani Rizvi had breached the wall and had entered her premises.

"It started in 2022. At that time, my brother saw someone jump off the wall and come into my garden and he was smoking. At that time, my brother talked to him and the matter was settled. Then again, in June 2023, I saw that man again. I was sitting in my room and reading and the lights were off except for the table lamp. I saw a flashlight coming from outside, when I checked, he was the same man," the victim told BM.



Woman recorded video of man who had crept up near her bathroom to abuse her, as proof

The victim had been out of Bengaluru for several months due to work and personal commitments, and when she returned, she was again stalked by the man.

In the recent incident on April 15, the man breached her compound wall when she was in the washroom, came near the washroom wall and started saying lewd things to her.

"It was six in the morning and I got up and went to the washroom. I could hear someone talk outside, but I thought he was my security guard. But the voice grew louder and started abusing me. When I checked, it was the same man who had been stalking me from the past two years," the victim added.

She recorded everything on her phone, and also took a video of him being in her compound. "I then called up 112 and later filed a complaint with the Hennur police," she said.

The FIR has now been registered under Section 354A (Sexual Harassment), Section 354C (Voyeurism), Section 354D (Stalking), Section 448 (House Trespass), Section 509 (Words outraging the modesty of a woman).

CRIME FILES

Drugs, contraband seized; several held

An interstate drug peddler was arrested by the Narcotics Wing of CCB on April 13 within Beguru PS limits, the Commissioner of Police, said on Tuesday. The individual, who was working as a swimming coach in a sports club, had 5.5 kg of ganja valued at ₹10,000 and a mobile phone, which were seized by the officers.

A foreign national drug peddler was successfully arrested by Chennammanakere Achukattu police on April 6, for illegally supplying cocaine, targeting youths at a local playground. Twenty-four grams of cocaine valued at ₹,75,000, along with ₹1,000 in cash, were seized from the suspect.

On April 13, three individuals were arrested under Bagalgunte PS jurisdiction by the Narcotics Wing of CCB, who had illegal substances like E-Cigarettes and foreign cigarettes. Various company e-cigarettes worth ₹22,35,000, 240 packs of foreign cigarettes, 360 hookah flavours, and 100 hookah pots were recovered by the officers. The police said that efforts are underway to apprehend two absconding suspects.

Serial burglars in police net

Two individuals involved in a series of house burglaries were successfully apprehended at Davangere by the Crime Branch of Ramamurthy Nagar police station last week.

A two-wheeler and gold weighing 250 gm, valued at ₹15,00,000, were recovered. Further investigation revealed that one of the accused had over 20 robbery cases registered against him, while the other was his accomplice. **— Ahna Prakash**

Namma Yatri launches cab services in city

The ride-booking app Namma Yatri has now launched its cab services in Bengaluru. It offers both AC and non AC cab services to customers, it said. Karnataka Transport Minister Ramalinga Reddy inaugurated the services on Tuesday and said, "I am proud to inaugurate this milestone event for Namma Yatri, Karnataka's own homegrown app. Their community-centric approach and pioneering efforts in driver welfare set a commendable precedent."

In a statement, the ride-booking app said that aligned with the ethos of transparency and community collaboration, Namma Yatri operates within the Open Network for Digital Commerce (ONDC) network, offering 100 per cent open data and open-source code.

"Additionally, Namma Yatri takes the lead as the first app to embrace the latest pricing guidelines set forth by the Karnataka Government. This commitment ensures fair pricing practices, eliminating unjustified surge pricing during peak hours for the benefit of customers and drivers alike," it stated.

The app will soon introduce intercity, rentals, scheduled rides and open up across Karnataka. It will also accommodate special requests like disability-friendly rides, extra luggage, travelling with pets, and trips to public transport hubs.

Namma Yatri already has 25,000 cab drivers and aims to onboard over 1 lakh drivers in the next six months. **– PTI**

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NOTICES

NOTICE

Notice in the court of the Additional District Judge-Fast Track Court, 1st court, Purulia matrimonial suit no. 67/2021 Dinesh Kumar Mall (petitioner) vs Manju Daga Mall (respondent) Smt. Manju Daga Mall daughter of J K Daga by faith Hindu, chartered accountant by occupation, presently residing at 304 305 306 Raheja Towers, West Wing, 26-27 M G Road, Bengaluru, Karnataka-560001. Permanent resident of Bhim Chawk, Bibigunj, PS Kotwali, PO&Dist. Paschim Midnapore, West Bengal-721101. This publication is for you to take notice that the aforesaid matrimonial suit is filed against you under section 13 of hindu marriage act,1955 seeking divorce and the notice upon you could not be served in due course. Please take not that inspite of this publication you choose not to appear within 30 days from this publication or within the next date fixed, the suit might be heard exparte against you or in your absence.

personal

CHANGE OF NAME

CHANGE OF NAME

I, Sreekala Viswanathan, r/at No. A-704, Jalvayu Heights, Airforce Naval Housing Board, HMT Factory Main Road, Jalahalli, Bangalore 560013 have changed my name to Sreekala for all practical purposes vide affidavit dt. 16.04.2024 sworn before Notary Kundan Babu M, Bangalore.

I Sathvik Raghunath S/o G.Raghunath, age 24 Years, #252,"Shantha Kuteera" 5th Main, 8th Cross, Tatanagar, Kodigehalli, Bengaluru 560092 has changed my Name from Sathvik Raghunath to Saathvik.R.Bhardwaj for all purposes vide Affidavit dated 06/07/2018 before Notary B.Seshagiri Bengaluru.

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I, HANUMANTHARAJU, Residing at No. 10, Vishveshwarapura Village, Kasaba Hobli, Nelamangala-562123, Karnataka, have changed my name to HANUMANTHRAJ, vide affidavit dated: 16.04.2024 before notary V. RAJASHEKHARA, Bengaluru.

I, MOHAMED MUJEEB AHMED H, R/a BR Ambedkar Road, Tippu Nagar,Bangarpet KGF Kolar- 563114. I, have changed my name to, MOHAMMED MUJEEB AHMED, Vide affidavit, dated 06/04/2024 Sworn before Notary:M. Rajendra, Bangalore

I, Tanvi Nagaich Shara W/o Sanjeev Sharma R/o of flat no 902 B block Hill Crest House of Hiranandani Hulimavu lake Akshay Nagar Begur Po Blore-560068, have changed my name to Tanvi Sharma vide affidavit dated 12/04/2024 before notary Kundan Babu M.

I Pavani D/o Basavana Gowda R/at, 1031, The Magic Faraway Tree, Sector 33/2, Kanakapura Main Road, Thalaghattapura, Bangalore-560109 have changed name as Pavani Basavana Gowda vide affidavit dtd 16/04/2024 in front of Notary S Subhashini.

I, Bharath Kumara Bangalore Viswanath r/o 830/9 9th Main Rd RPC Layout B'luru-560040. Have Changed My Name to Bharath Kumar Bangalore Vishwanath vide Affidavit Dt: 16/04/2024 Before Notary B S Padmaprasad, B'luru.

I, Chamdar Wahid Nigar Sultana W/o Kayam Basha Vanakar Allah Bakash R/o 17, 7th cross, 2nd Main, BK Nagar, Bengaluru 560022 have Changed my Name to Nigar Sulthana Affidavit Dt.08/04/2024 Notary Harisha G, B'luru

I, KHADEER AHMED DAIVDO, R/a #21,1st Cross, P & T Colony, Venkateshpuram, Bangalore-45, I, have changed my name to, KHADEER AHMED, Vide affidavit, dated 18/03/2024 Sworn before Notary:M. Rajendra, Bangalore

I, Nikita Agrawal W/o Navin Dinesh Agrawal R/o G404, Mera Homes, Seegahalli, Kadugodi Road, Whitefield, Bangalore, 560067 have changed my name to Nikita Anil Agrawal for all purposes

I, Vimal Kumar S/O, C Mangal Das R/o No 32/6 4th Cross 4th Block Near R R School Dodda - bommasandra Vidyaranyapura Post Bangalore 560097 have changed my name to C M Vimal Kumar for all purposes.

WE, Nisha Banu and Fareed Ahmed R/at No. 51, 1st Main, 1st Stage, H B R Layout, Kacharakanahalli, Bangalore-560043, Have Changed Our Sons Name From Rasool To Md Rasool, For All Purposes.

I, Asif Pasha Chand Pasha S/O Chand Pasha #191/1 2nd main kg halli Blr-45 have changed my name to Asif Pasha for all purposes.

I, Mohamed Obedulla Mohamed Khaja Muneerulla s/o Mohamed Khaja Muneerulla r/o No 47 1st floor 7th F Cross T Muniyappa Layout JP Nagar 5th Phase B'luru-560078, Have Changed My Name to Mohamed Obedulla for all Purposes.

I, Bharathesh S/o Mruthyunjaya Mysoremath R/o 61, 3rd main, 1st cross, HHRWA SP Post, opp AGS Lyt, B'luru 560061 have changed my name to Bharathesh Mruthyunjaya Mysoremath Affidavit Dt.21/03/2024 notary BKR Krishnamurthy B'luru

I, FARZANA BANO, R/a # 3437/4, Quba Layout, Ambedkar Road,Tippu Nagar, Bangarpet KGF Kolar - 563114. I, have changed my name to, FARZANA BEGUM, Vide affidavit, dated 06/04/2024 Sworn before Notary:M. Rajendra, Bangalore

I, Allabash Kadar Bash R/o No.5, 12th cross, 2nd main, Lachappa colony, BK Nagar, Yeshwanthpur Bengaluru 560022 have changed my name to Khadar Basha Vanakar Allabakash affidavit Dt.06/04/2024 notary Harisha G, B'luru

I, Aarav Meshram S/o Rahul Bharosh Meshram R/o #G-23, Green Scape 2, Manipal County Rd, Singasandra, B'lore 560068 have changed my name to Aarav Rahul Meshram for all purposes.

I, Srinath Muniyappa r/o #417, Sri Raksha Nilaya, P C Extension, Kolar-563101, Have Changed My Minor Daughter's Name from Kushi Muniyappa Srinath to Khushi Manjula Srinath for all Purposes.

I, Arpit Anurag Mathur S/o Dr. Anurag Mathur R/o 119, 3 Cross, 1 Main, 7th Block Koramangala have changed my name to Arpit Mathur for all purposes.

I, Noor Pasha R/at No. 24, 2nd Cross, 1st Block, Yarab Nagar, Akkur, Ramanagar-562159, Have changed My Name To Abdul Haneef Urf Noor Pasha, For All Purposes.

I, Abida R/at No. 24, 2nd Cross, 1st Block, Yarab Nagar, Akkur, Ramanagar-562159 Have Changed My Name To Abidunnisa, For All Purposes.

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'IT is notified for information for public at large that original Sale Deed document no. VRT-1-03572-2011-12 dated 30/07/2011 and Original Agreement for Sale of Plot # 10 , Confident Hercules ,Chikka Belandur Village, Varthur Hobli , Bangalore 560087 has been lost or misplaced. Compliant no. 362/1334/2024 has been registered in Sarjapur Police station. Finder please contact the owner Paul Sayuj K Tel. (9845520734)"

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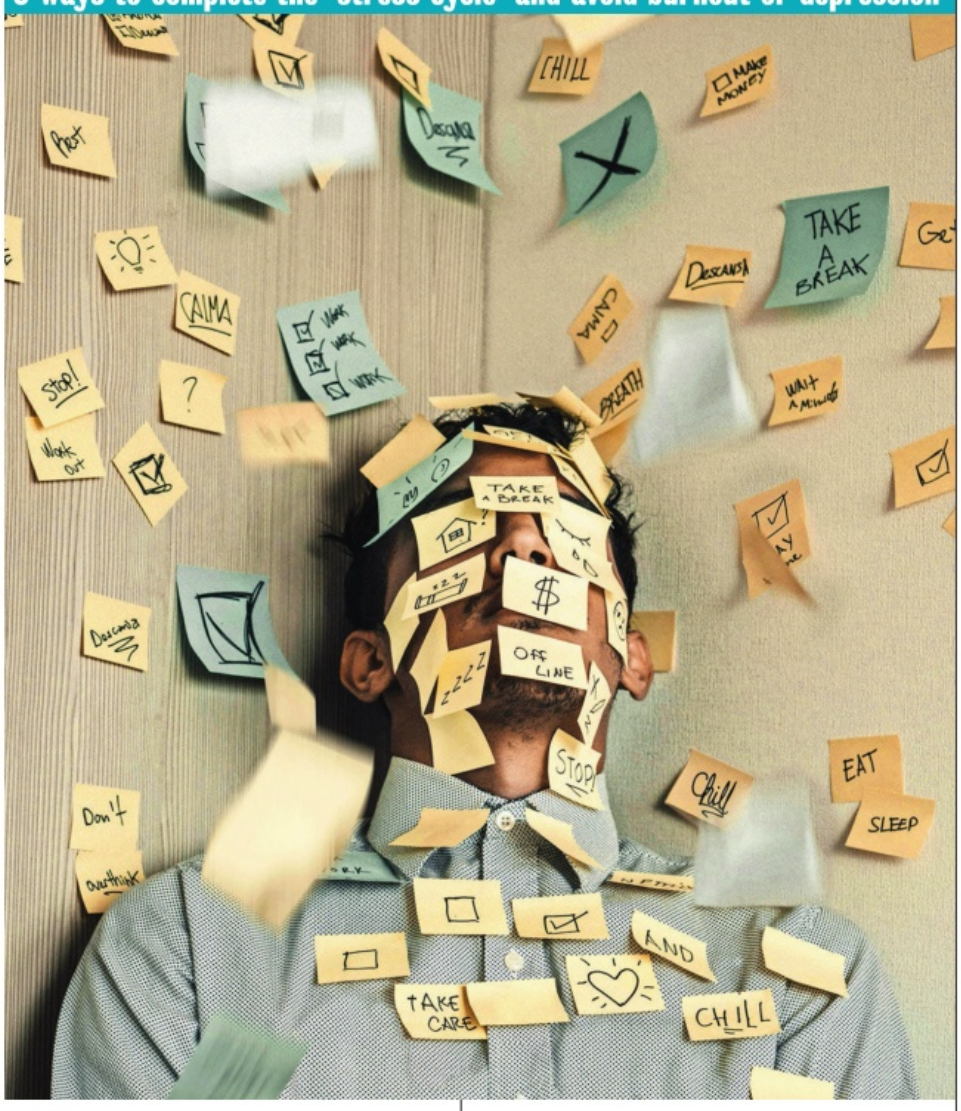
STUCK IN FIGHT OR FLIGHT MODE?

5 ways to complete the 'stress cycle' and avoid burnout or depression



Can you remember a time when you felt stressed leading up to a big life event and then afterwards felt like a weight had been lifted? This process – the ramping up of the stress response and then feeling this settle back down – shows completion of the "stress cycle".

Some stress in daily life is unavoidable. But remaining stressed is unhealthy. Chronic stress increases chronic health conditions, including heart disease and stroke and diabetes. It can also lead to burnout or depression.

Exercise, cognitive, creative, social and self-soothing activities help us process stress in healthier ways and complete the stress cycle.

What does the stress cycle look like?

Scientists and researchers refer to the "stress response", often with a focus on the fight-or-flight reactions. The phrase the "stress cycle" has been made popular by self-help experts but it does have a scientific basis.

The stress cycle is our body's response to a stressful event, whether real or perceived, physical or psychological. It could be being chased by a vicious dog, an upcoming exam or a difficult conversation.

The stress cycle has three stages:

stage 1 is perceiving the threat
stage 2 is the fight-or-flight response, driven by our stress hormones: adrenaline and cortisol
stage 3 is relief, including physiological and psychological relief. This completes the stress cycle.

Different people will respond to stress differently based on their life experiences and genetics.

Unfortunately, many people experience multiple and ongoing stressors out of their control, including the cost-of-living crisis, extreme weather events and domestic violence.

Remaining in stage 2 (the flight-or-flight response), can lead to chronic stress. Chronic stress and high cortisol can increase inflammation, which damages our brain and other organs.

When you are stuck in chronic fight-or-flight mode, you don't think clearly and are more easily distracted. Activities that provide temporary pleasure, such as eating junk food or drinking alcohol are unhelpful strategies that do not reduce the stress effects on our brain and body. Scrolling through social media is also not an effective way to complete the stress cycle. In fact, this is associated with an increased stress response.

Stress and the brain

In the brain, chronic high cortisol can shrink the hippocampus. This can impair a person's memory and their capacity to think and concentrate.

Chronic high cortisol also reduces activity in the prefrontal cortex but increases activity in the amygdala.

The prefrontal cortex is responsible for higher-order control of our thoughts, behaviours and emotions, and is goal-directed and rational. The amygdala is involved in reflexive and emotional responses. Higher amygdala activity and lower prefrontal cortex activity explains why we are less rational and more emotional and reactive when we are stressed.

There are five types of activities that can help our brains complete the stress cycle.

1 Exercise – its own complete stress cycle

When we exercise we get a short-term spike in cortisol, followed by a healthy reduction in cortisol and adrenaline.

Exercise also increases endorphins and serotonin, which improve mood. Endorphins cause an elated feeling often called "runner's high" and have anti-inflammatory effects.

When you exercise, there is more blood flow to the brain and higher activity in the prefrontal cortex. This is why you can often think more clearly after a walk or run. Exercise can be a helpful way to relieve feelings of stress.

Exercise can also increase the volume of the hippocampus. This is linked to better short-term and long-term memory processing, as well as reduced stress, depression and anxiety.

2 Cognitive activities – reduce negative thinking

Overly negative thinking can trigger or extend the stress response. In our 2019 research, we found the relationship between stress and cortisol was stronger in people with more negative thinking.

Higher amygdala activity and less rational thinking when you are stressed can lead to distorted thinking such as focusing on negatives and rigid "black-and-white" thinking.

Activities to reduce negative thinking and promote a more realistic view can reduce the stress response. In clinical settings this is usually called cognitive behaviour therapy.

At home, this could be journalling or writing down worries. This engages the logical and rational parts of our brain and helps us think more realistically. Finding evidence to challenge negative thoughts ("I've prepared well for the exam, so I can do my best") can help to complete the stress cycle.

3 Getting creative – a pathway out of 'flight or fight'

Creative activities can be art, craft, gardening, cooking or other activities such as doing a puzzle, juggling, music, theatre, dancing or simply being absorbed in enjoyable work.

Such pursuits increase prefrontal cortex activity and promote flow and focus.

Flow is a state of full engagement in an activity you enjoy. It lowers high-stress levels of noradrenaline, the brain's adrenaline. When you are focussed like this, the brain only processes information relevant to the task and ignores non-relevant information, including stresses.

4 Getting social and releasing feel-good hormones

Talking with someone else, physical affection with a person or pet and laughing can all increase oxytocin. This is a chemical messenger in the brain that increases social bonding and makes us feel connected and safe.

Laughing is also a social activity that activates parts of the limbic system – the part of the brain involved in emotional and behavioural responses. This increases endorphins and serotonin and improves our mood.

5 Self-soothing

Breathing exercises and meditation stimulate the parasympathetic nervous system (which calms down our stress responses so we can "reset") via the vagus nerves, and reduce cortisol.

A good cry can help too by releasing stress energy and increasing oxytocin and endorphins.

Emotional tears also remove cortisol and the hormone prolactin from the body. Our prior research showed cortisol and prolactin were associated with depression, anxiety and hostility.

Action beats distraction

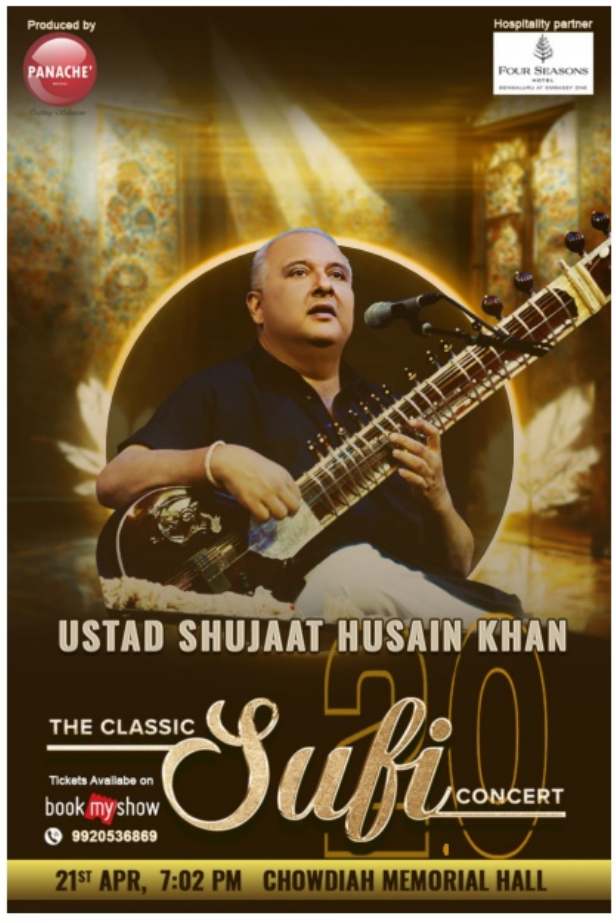
Whether it's watching a funny or sad movie, exercising, journalling, gardening or doing a puzzle, there is science behind why you should complete the stress cycle.

Doing at least one positive activity every day can also reduce our baseline stress level and is beneficial for good mental health and wellbeing.

Importantly, chronic stress and burnout can also indicate the need for change, such as in our workplaces. However, not all stressful circumstances can be easily changed. Remember help is always available.

If you have concerns about your stress or health, please talk to a doctor.

(By Theresa Larkin and Susan J Thomas, University of Wollongong, The Conversation)



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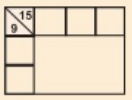
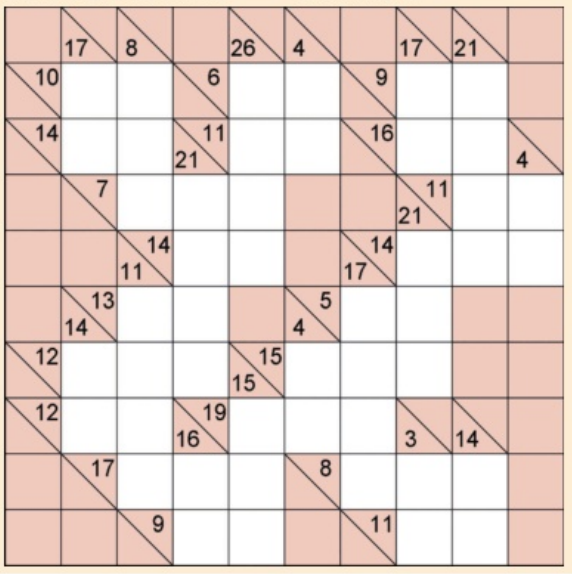
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

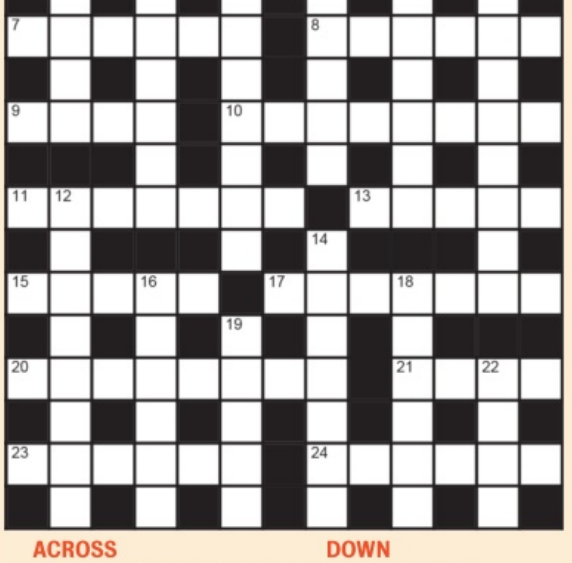


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Famous Hitchcock movie (6)
8 Breathes noisily (6)
9 Largest continent (4)
10 Elates or fills with confidence (8)
11 Things (7)
13 Entertain (5)
15 Item in a log (5)
17 Befuddle (7)
20 Theatrical or histrionic (8)
21 Famous temple in Basavanagudi (4)
23 Relating to the backbone (6)
24 Trims the feathers (6)

DOWN

1 Unchanged (2,2)
2 Difficult situation (6)
3 Agitates, angers or arouses (7)
4 Snapshot (5)
5 There's nothing in it (6)
6 Moves backwards (8)
12 Broke (8)
14 Surgical pincers? (7)
16 Augustus, Tiberius et al (6)
18 Told trivial lies (6)
19 Pursue stealthily (5)
22 Sharp-eyed animal (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS G

LDVGELR EK AYAX VGA KHUA HK VGAS KHEF EV ZHK.

Linemaro

Roses are red, bananas are yellow, wanna go out with a nice little fellow?

Mindchow

Knowledge is proud she knows so much; wisdom is humble that she knows no more

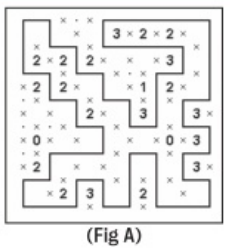
Joke of the day

Those who live by the sword get shot by those who don't

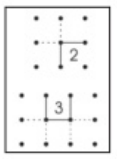
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



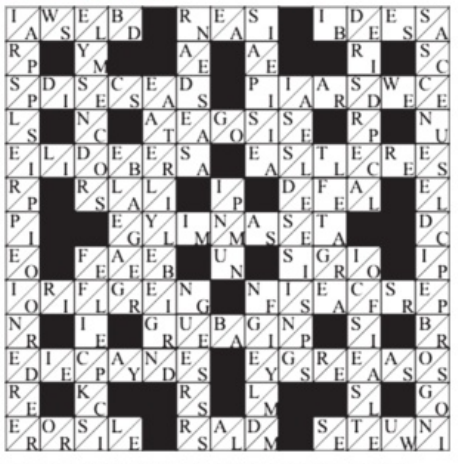
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

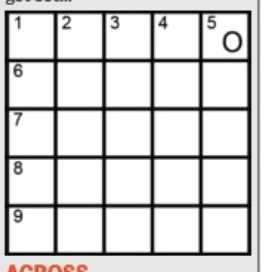
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Id Tot; 6 Haunt; 7 Trust; 8 Toper; 9 Worse

DOWN

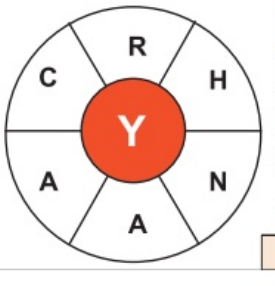
1 Studs; 2 It nor; 3 Worth; 4 Ate up; 5 Torte

Mensapuzzle

What number should replace the question mark?

34, 48, ?, 79, 96

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

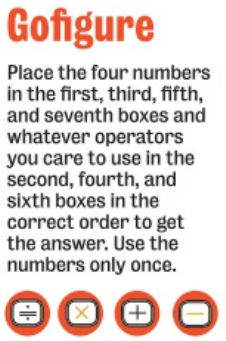
SudokuChallenge

		6	4			9	8	
		9			2			
			6	9			4	
						5		6
	5	8	7		6	3	2	
9		1						
	2			4	7			
			8			2		
	8	5			9	6		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

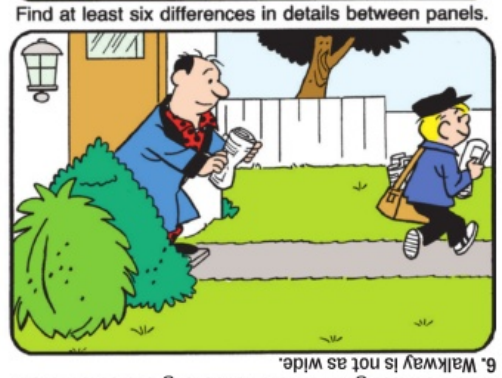
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



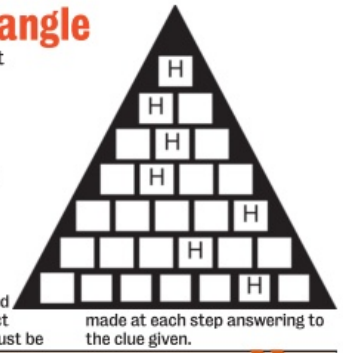
Differences: 1. Newspaper is not as long. 2. Bag is smaller. 3. Belt is missing. 4. Fence is not as long. 5. Tree is moved. 6. Walkway is not as wide.

Riddler

Change one letter in each word to form the name of a famous person. (Bet Stifler = Ben Stiller)
1. Row Lose 2. Tone Dale 3. Amp Giant 4. Earth Brooms 5. Bray Pita

Alpha triangle

1 Planck's constant
2 Greeting
3 Greek X
4 Goatee's place
5 Guarantee
6 Kochi formerly
7 Italian dumplings

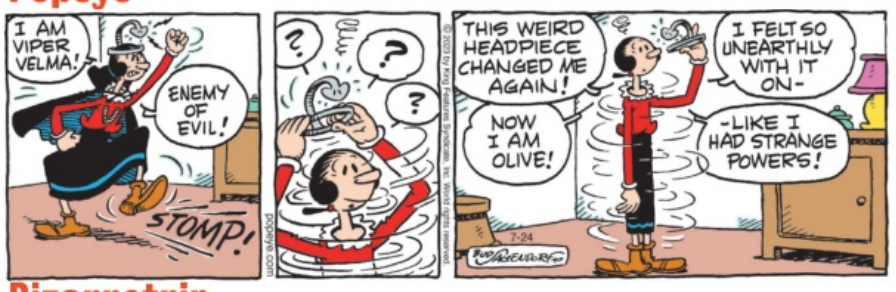


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

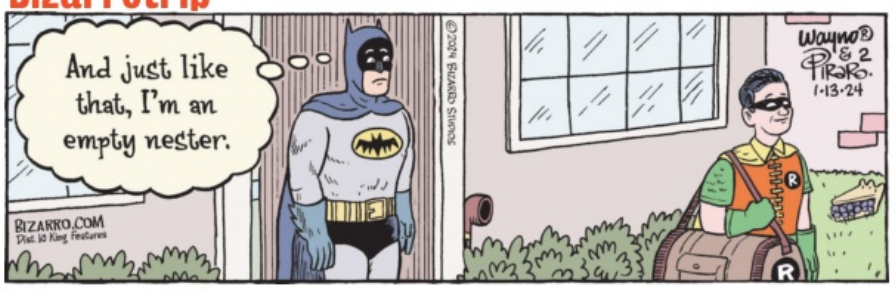
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye



Bizarrotrip



Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be very happy, and your losses may be converted into profits. Your seniors may be happy and appreciate your work. You may likely have some changes to your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions in terms of marriage with the help of relatives or friends.

Taurus Apr 21 – May 20
Today, when situations are under control, you may feel better. You may plan for overseas travel. Your network may help you on the job front, and there may be an improvement in domestic harmony. You may be more creative and bring some artefacts or creative things for family or the office. You may also plan on watching movies or other entertainment with friends or family.

Gemini May 21 – Jun 21
At the start of the week, you will expect financial gains. You will make a balance between your earnings and expenses, which will boost your bank balance. You will likely perform better in your job, and your boss will give you new responsibilities in terms of promotions. You will also get back your money from your lenders and be able to control your opponents and hidden enemies. Your health would be better now.

Cancer Jun 22 – July 23
Today, you may plan to renovate your house. You may also buy some things to decorate your house to maintain your social status. There is likely to be a good bond with your spouse, which creates harmony in domestic life. Disagreements with friends, co-workers, and partners may be settled. You may get good news in terms of litigation.

Leo Jul 24 – Aug 23
Today, you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. Money that was stuck somewhere may likely be recovered now. You may also apply for a loan to buy some stuff related to luxury.

Virgo Aug 24 – Sep 23
Today, you are blessed by Jupiter, which may give you confidence and help you make important decisions. You are also decisive, so you may grab the opportunity without a second thought. You are likely to spend money on family and friends. Lovebirds may enjoy their happy moments. Job seekers are likely to get a suitable job with the help of friends.

Libra Sep 24 – Oct 22
Today, you may have a dull feeling and not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic lives. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

Scorpio Oct 23 – Nov 22
Today, you may feel energetic and may perform efficiently at work. Your hard work may be rewarded now, which may boost your confidence. Property-related disputes with the siblings are likely to be resolved now. Your meeting with an influential person may boost your network.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon, which makes you happy. You are likely to get a big order with the help of your communication skills. You are polite with the people around you. You may also make some difficult decisions in business with the help of your colleagues.

Capricorn Dec 23 – Jan 20
Today is a good day for you, and you are blessed by the moon. If you have good vitality, you may enjoy work and romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start some new project, and your perfection may help you design the flowchart. Job seekers will find a suitable job. Lovebirds are advised to avoid discussions on worthless topics.

Aquarius Jan 21 – Feb 19
Today, you may be disappointed. You are advised to control your arrogance; otherwise, you may face some losses due to your speech while you are talking with anyone. Lovebirds should be careful in their discussions; otherwise, relationships may be affected.

Pisces Feb 20 – Mar 20
Today, there may be peace in your mind. You may plan to invest some capital in the business, which may increase its liquidity. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in family life. Singles may be likely to find a suitable match. Lovebirds may make the decision to get married. Students will be blessed by good karma.

KIDZONE

Pranav Kiran, 8 Years, Vidya Shilp Academy

S K Harshithasri, 9 Years, Maharshi Public School, Mysore

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= = = =

 # Blood, sweat and tears
Actor Priyanka Chopra Jonas, who is currently shooting for her upcoming project 'Heads of State,' shared "bloodied up" pictures from the sets

Mysterious Mouni

Cryptic social media message has fans guessing

Actress Mouni Roy posted a mysterious message on her social media discussing how people form opinions about each other based on their social media posts. She recently shared the message on her Instagram story. The message displayed on Mouni's Instagram story read, "Social media gives us a perception of access to people's lives without a relationship with them. So we think we know people based on what they choose to share. It's a warped view. There are a million layers to will never be revealed by the posts they make."

The message has also appeared on Reddit, and internet users have begun guessing what it might be regarding. In the upcoming movie "Love Sex Aur Dhokha 2" directed by Dibakar Banerjee, Mouni Roy will be featured. The film explores the theme of love in the digital age and the complications of relationships in the modern era of technology. The cast includes newcomers Paritosh Tiwari,

Abhinav Singh, and Bonita Rajpurohit, along with Swastika Mukherjee, Tusshar Kapoor, Mouni Roy, Anu Malik, and Uorfi Javed.

The film's teaser, released recently, has generated significant excitement. It offers a sneak peek into three separate stories set in the contemporary internet age. The teaser showcases the movie's setting in the digital realm and explores the outcomes of love and betrayal in today's society.

Love Sex Aur Dhokha 2 explores the intricacies of relationships and reveals the unseen sides of love in today's internet age.

With a captivating story and strong acting, the movie aims to explore the themes of love, betrayal, and the impacts of technology on our lives. The film is produced by Ektaa R Kapoor and Shobha Kapoor and directed by Dibakar Banerjee." —ETimes

Tom Hiddleston's inspiration

Over a decade since Tom Hiddleston rose to fame with his role as Loki in the 2011 movie 'Thor', the actor recalled that to portray Marvel's god of mischief, he had to go to strange film figures for inspiration, reported People.

Hiddleston discussed how he prepared to play the legendary part, which included researching Alan Rickman's renowned performance as Hans Gruber in the 1988 film 'Die Hard'.

He also investigated James Mason's master spy, Phillip Vandamm, in the 1959 classic thriller 'North by Northwest'.

"Those are all characters that are about control and revenge," Hiddleston said, adding, "I might just love those performances as a child. ... I just was so drawn to those performances as they seemed to be having such a wonderful time playing these antagonists, I suppose. And that was part of the charm.

They were so charismatic, even though they weren't at the centre of those films.". —ANI

Dwarakish: August 19, 1942-April 17, 2024

Producer Dwarakish no more

Veteran has produced 48 films, directed around 20 in his career of many firsts

Veteran actor, director and producer Dwarakish passed away on Tuesday morning at his Electronics City residence. He was 81 and is survived by five sons. Chief Minister Siddaramaiah condoled the death of Dwarakish.

According to reliable sources, the veteran actor complained of respiratory problems the previous night and passed away on Tuesday morning. It is said the actor was suffering from age-related health problems. He made his debut as a comedy actor in Sandalwood in 1964. He became a producer by bankrolling Dr Rajkumar's well-known movie Mayor Mutthanna in 1969. He bankrolled 48 movies and handled the megaphone for around 20. He was known for sharing screen space with Dr Vishnuvardhan. The movies include Singapoorenalli Raja Kulla, Kalla Kulla, Kittu Puttu, Rayaru Bandaru Mavana Manege, and Apthmitra. He played a key character in Apthamitra apart from bankrolling it. Both of them fell out and reunited multiple times during their careers. Apthamitra, released in 2004, was the last movie they acted in together.

He was the first producer from Sandalwood to shoot a film outside India with Singapooradalli Rajakulla in 1978. He was honoured with a doctorate from Bangalore University for his contribution to Kannada film industry. Karnataka Film Chamber of Commerce honoured him for his contribution towards Kannada film industry.

Dwarakish had to convey a message on his health in April 2023 when false news was spread regarding his health. In a video, Dwarakish said: "With all your blessings, there is no need to worry. I am doing absolutely fine. I am hale and healthy."

Karnataka Film Chamber of Commerce has announced a holiday for Kannada film industry on Wednesday. There will be no screening of movies and film shooting activities to pay homage to the departed soul. Prominent personalities of Sandalwood have paid homage to the late Dwarakish. —Y Maheswara Reddy